

RESTRICTION OF MOVEMENT (ROM) HANDBOOK



A reference handbook for new arrivals entering Japan, including guidelines, resources, and what to expect throughout the Restriction of Movement (RoM) period.

10 Mar 2022





U.S. ARMY JAPAN

RoM HANDBOOK



MG Joel B. (JB) Vowell
Commanding General,
U.S. Army Japan

WELCOME TO JAPAN

On behalf of the U.S. Army Japan, it is our pleasure to welcome you to Camp Zama. Welcome to the Army's home in the Land of the Rising Sun. We are excited to have you as a member of the "USARJ Family." This will be a unique and rewarding assignment as our team is a dynamic and critical piece to operations across the Pacific. "ICHI DAN."



CSM Jerry L. Dodson
Command Sergeant Major,
U.S. Army Japan

Due to COVID-19 policies, SOFA personnel arriving in Japan are restricted to a military installations or their private residence off installation. Personnel with a final destination of **Okinawa** will also be required to RoM. This handbook will answer many of the questions you may have regarding RoM.

For the most current U.S. Army Japan COVID-19 guidance, please visit:
<https://www.usarj.army.mil/misc/covid19/>

For all other questions regarding normal in-processing, please visit: <https://home.army.mil/japan/index.php>.

TABLE OF CONTENTS

- VACCINATION BASED ROM GUIDANCE
- DAY-TO-DAY LIFE IN RoM
- RECREATION/LAUNDRY/SMOKING
- PET PROCEDURES





VACCINATION BASED ROM GUIDANCE



FULLY VACCINATED w/BOOSTER (Up-to-date)

No ROM required but here are important details to be aware of:

O Definition of “Up to Date”: To be considered up to date, eligible individuals, per CDC guidelines, need to have either 1) received a COVID-19 booster shot; or 2) have concluded their initial vaccination series within the preceding six (6) months (Pfizer and Moderna) or preceding two (2) months (Johnson & Johnson). Children who are not eligible for vaccination or boosters can assume the vaccination status of their parents for the purpose of this RoM policy.

O SOFA status personnel arriving in Japan from another country will not incur ROM if they are up-to-date with vaccinations, per the above definition, and have received a negative arrival test. An international entry test at a commercial airport will meet this requirement.

O Okinawa ¹ bound SOFA personnel (PCS-in / TDY-in / LV Return, TDY Return) who are up-to date **AND** have a negative COVID-19 test result from the arrival airport can proceed to Okinawa using commercial airlines ².

O Travelers must wait for the negative COVID-19 test at the arrival airport in order to use public transportation (commercial airline, bus, train, taxi).

Notes:

1. The above guidelines are not Okinawa specific and can be applied to travelers who are enroute to other outlying destinations such as KCS, SCS, and Kure and plan to use other forms of public transportation such as trains or buses.
2. Travelers must plan their itineraries carefully to account for test result waiting period (up to 4 hours) and airport transitioning (e.g. from Narita to Haneda) and check-in time for domestic flights or trains.



VACCINATION BASED ROM GUIDANCE



FULLY VACCINATED w/o BOOSTER (Not Up-to-date)

On Installation ROM for 7 days

O Shall travel directly to their coordinated RoM location until receipt of the arrival COVID-19 test. After receipt of the arrival COVID-19 test, traveler is restricted to on-installation RoM until day **seven (7)/168 hours**.

O Public transportation is authorized with a negative arrival test result within the first 24 hours after arrival to allow travelers to arrive at their domicile. This includes commercial air travel within Japan. Strict COVID mitigation measures must be followed to include mask wear. After arrival to their final destination, public transportation is not authorized during the ROM period.

O **Asymptomatic Individuals** may exit ROM without a viral test after day 7 of ROM. MEDDAC-J will not provide notice or clearance.

O **Option:** On or after day 3 of ROM individuals may take a viral COVID test and if the result is negative they may end ROM after day 3.

O During the ROM period, fully-vaccinated individuals may have access to all on-installation facilities while maintaining strict COVID mitigation procedures.

* **Note:** Unvaccinated / unboosted children, if not eligible for vaccination or booster, can assume the vaccination status of their parents for the purpose of this RoM policy.



VACCINATION BASED ROM GUIDANCE



NOT FULLY VACCINATED

In Home ROM for 7 Days

O Shall travel directly to their coordinated RoM location until receipt of the arrival COVID-19 test.

After receipt of the arrival COVID-19 test, traveler is restricted to in home RoM until day **seven (7)/168 hours**.

O Public transportation is authorized with a negative arrival test result within the first 24 hours after arrival to allow travelers to arrive at their domicile. This includes commercial air travel within Japan. Strict COVID mitigation measures must be followed to include mask wear. After arrival to their final destination, public transportation is not authorized during the ROM period.

O **Asymptomatic Individuals** may exit ROM without a viral test after day 7 of ROM. MEDDAC-J will not provide notice or clearance.

O **Option:** On or after day 3 of ROM individuals may take a viral COVID test and if the result is negative they may end ROM after day 3.

* **Note:** Unvaccinated / unboosted children, if not eligible for vaccination or booster, can assume the vaccination status of their parents for the purpose of this RoM policy.





DAY-TO-DAY LIFE IN RoM



WHAT TO DO: I'M SICK

CALL MEDDAC-J FIRST!

You are required to contact medical personnel once you experience any signs or symptoms.



**Duty hours: 315-263-4128
or 046-407-4128**

COVID-19 SYMPTOMS:

- Fever
- Chills
- Muscle ache
- Headache
- Diarrhea
- Sore throat
- Loss of taste/smell
- Cough
- Difficulty breathing
- Vomiting

Single Soldiers will be provided three hot meals per day from the DFAC coordinated through Unit Sponsor.

GS Civilians and Dependents can receive hot meals from the DFAC at their own expense coordinated through Unit Sponsor. All meals will be delivered by your Sponsor.

DFAC Hours: M-F

Breakfast: 7:30-9:00 a.m.

Lunch: 11:30 a.m.-1300 p.m.

Dinner: 1700-1830 p.m.

DFAC Hours: Sat-Sun & Holidays

Brunch: 0900-1300

Supper: 1700-1800



Smoking is not permitted in RoM facilities. Nicotine patches are available through MEDDAC-J. Please coordinate through unit sponsor for further details.



You can coordinate through unit sponsor to purchase any items from Camp Zama Post Exchange (PX) during your stay.

CAMP ZAMA
Bowling Center

CAMP ZAMA
Golf Course

CAMP ZAMA
Community Club
(CZCC)

You may also order takeout for delivery from on-post restaurants. Takeout orders will be delivered to the lodging front desk, who will distribute it to you. **CAMP ZAMA only.**

Delivery Time / Schedule:

Golf Course: Mon-Sun: 1100-1600 DSN: (315-263-7441)

CZCC: Mon-Sun: 1100-1930 DSN: (315-263-4805)

Bowling Center: Mon-Sun: 1130-1830 DSN: (315-263-4780)



A chaplain or Military and Family Life Counselor (MFLC) is available. 24/7.

Camp Zama On-Call

Chaplain at 263-3123 or 046-407-3123

**CALLING A DSN FROM JAPAN CELL:
START WITH 046-407+LAST 4 DIGITS OF THE DSN LINE**



RECREATION, LAUNDRY, SMOKING



Outdoor Recreation for All Personnel in RoM

Unit Barracks and Unaccompanied Housing

- Must have **negative COVID test** result from airport.
- Non vaccinated: only available during the **2000-0400** time window and must be actively engaged in recreation.
- Fully vaccinated: No time or location restrictions for fully vaccinated.
- Maintain social distancing at all times.

Camp Zama Lodge and Hardy Barracks

- Must have **negative COVID test** result from Airport.
- Non vaccinated: only available during the **2200-2400** time window and must be actively engaged in recreation.
- Fully vaccinated: No time or location restrictions for fully vaccinated.
- Maintain social distancing at all times.

Army Family Housing

Must have **negative COVID test** result from airport.

Non vaccinated: Outdoor recreation from **2000-0400**.

Fully vaccinated: No time or location restrictions for outdoor recreation.

Off Base Residence:

If not vaccinated, outdoor recreation and activities are limited to your porch, balcony, or residential property boundaries.

Laundry:

Consult your unit leadership, building CQ, or the lodging staff for the laundry policy applicable to your building. Laundry is not available to RoM guests in some buildings.

Non-vaccinated personnel are not authorized to leave your building location for laundry.

Smoking:

If non-vaccinated, you may use your recreation period to smoke. You must use the designated smoking area of your building. You must maintain social distancing and, as a courtesy, please inform others that may be present in the smoking area of your RoM status.

- Wear a mask while inside your building and while transiting to/from the recreation route or smoking area.
- Maintain social distancing at all times.
- Practice hand hygiene before and after recreation activities.



PET PROCEDURES

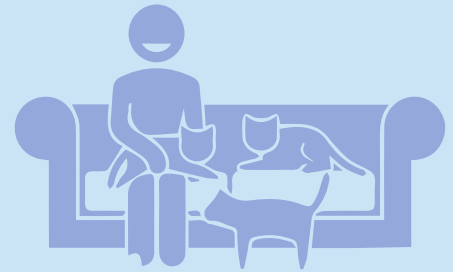


For the Camp Zama Army Lodge, incoming pets will reside in RoM areas with their families with official documents.

(Service dogs ONLY!)

Cats are permitted in pet friendly rooms.

If pet friendly rooms are not available, pets will be boarded at cost at the Camp Zama Kennels (information needs to be provided 30 days prior to arrival).



Dogs: Cost per day

\$15 per day	(One Dog)
\$20 per day	(Two Dogs)
\$25 per day	(Three Dogs)

Cats: Cost per day

\$13 per day	(One cat)
\$20 per day	(Two cats)

<https://zama.armymwr.com/programs/pet-care-center-kennels>

Fully vaccinated pet owners may walk their pets as required.

If not fully vaccinated, the pet owner may use their recreation time, as described on page 12, to walk their pet. During other times the pet owner needs to ask for assistance from their sponsor.

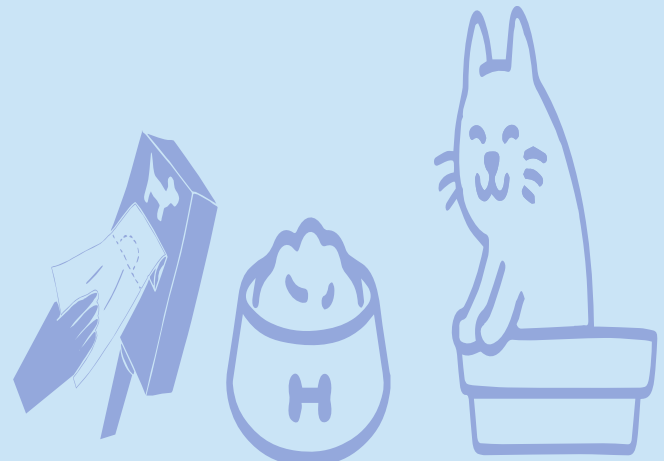
All pets must be registered with the installation Veterinary Treatment Facility (VTF) by phone upon arrival to Camp Zama.

All pets are required to report to the VTF within 72 hours of the owner completing RoM for an import rabies quarantine exam, or to be released from Government of Japan Rabies Quarantine if applicable.



Owners are responsible for providing all pet supplies (food, cat litter / pet waste bags, etc.) and any additional cleaning measures for the room upon discharge.

Please provide all immunization and kennel boarding documentation to the pet kennel on arrival.





U.S. ARMY JAPAN CONTRIBUTORS

